



Timber Tales



November 2020 Notes From Robin

It's November, which mean it's time to focus on indoor activities such as reading a good book while enjoying a warm beverage and watching the wind blow all those fallen leaves around the garden and sidewalks from the warmth and comfort of your apartment windows. Daylight Savings time begins on the first day of November. So be sure to set your clocks back one hour before you go to bed on Saturday, October 31. If you need help to set your clocks back, be sure to ask a staff member to help you. The 2020 United States Presidential Elections are scheduled for Tuesday, November 3. If you need someone to drop off your ballot at a ballot drop box our van driver Jessica can do that for you. Be sure to leave your ballot at the front desk by 3pm on November 3rd so that she has time to drop it before she leaves for the day. If you are following the news, you know by now that experts are saying that due to the high number of votes by mail in ballots that we may not know the outcome of the Presidential Election for a while. This should be an interesting process for all of us to follow and might even make for some good dinner conversation. Veteran's Day is November 11. Veteran's Day is a time for us to pay our respects to those who have served and to honor American Veterans for their patriotism, love of country and willingness to sacrifice for the common good. While we won't be going to the Veteran's Day parade in Albany or holding a Veterans program to honor our Timberhill Pace Veterans we still want our Timberhill Place Veterans to know that they are real heroes and we thank them for serving in the military to protect our freedom. We will acknowledge our Timberhill Place Veterans by posting their names, rank and years of service on a poster located near the activity board on the way into the main dining room. If you see one of them, be sure to thank them for their service. It is time to plan for Thanksgiving and how you want to spend your day. Page and his staff will be preparing and serving a traditional Thanksgiving meal with all the trimmings. He and his wonderful staff plan to make it as special as possible while still following all the COVID restrictions to keep you safe. If you decide that going out for Thanksgiving is an essential visit, we ask that you follow all COVID restrictions, wear a mask and maintain physical distancing of six feet or more and wash your hands often. For your safety and the safety of the other Timberhill Place residents we ask that you limit your time spent with family and friends and that you visit in small groups of 10 people or less if possible. Ask before your visit if anyone in the group is sick or has been sick in the past few days. If the answer is yes, it would be in your best interest to avoid visiting with them. If you have any question about an essential Thanksgiving visit, please feel free to speak with Keith or myself. If you would like help to connect with family, friends or for medical visits through social media please let Keith, Alex R. or I know. We would be happy to assist you in contacting them. Have you heard that college football is back with limited games? The Beavers will be playing the Ducks on November 27. This should be a fun game to watch and share in the excitement and enthusiasm that these football players have. Go Beavers!

*"What if, today, we were grateful for everything?"
~ Charlie Brown*

Timberhill Place Van Service Schedule

Sat & Sun: No Transportation Service
 Monday: 9 a.m. – 12:00
 Tuesday: 9 a.m. – 12:00 & 1:00 p.m. – 4:00 p.m.
 Wednesday: 1 p.m. – 4:00 p.m.
 Thursday: 9 a.m. – 12:00
 Friday: 9 a.m. – 12:00
 Holidays: No Transportation Service

Van Service may be cancelled due to weather.



Resident Birthdays

Erma 11/4
 Cathy 11/4

Staff Birthday

Keith 11/1
 Shawna 11/6
 Robin 11/20
 Donnie 11/20

Timberhill Place Team Leaders

Executive Director.....Robin Bemrose
 Marketing.....Debbie Vergo
 Director of Nursing.....Keith Seckel
 Director of Resident Care.....Gena Holmes
 Director of Activities.....Celina Franklin
 Director of Food ServicePage Hundemer
 Director of Housekeeping.....Doris Blum-Etzel
 Director of Maintenance.....Alex Roeser

Chuckle Chuckle Chuckle

The day before Thanksgiving, a father in Phoenix calls his son in New York and tells him, "Son, I'm really sorry but I have to tell you that your mother and I are splitting up. We can't live with each other any more."

The son is distraught and shouts down the phone at his father, "Pop, what are you talking about?"

The father replies, "It's just that we can't stand the sight of each other any more. And I'm sick of talking about this, so will you call your sister in Chicago and tell her?"

The father then hangs up, and the son frantically calls his sister, who's equally distraught and exclaims, "Like heck they're getting divorced! Leave it to me, I'll take care of this."

So she calls her father and shouts down the phone at him, "You are NOT getting divorced! Don't you dare to do a single thing until I get there. I'm calling my brother, and we'll both be there tomorrow. Until then, don't you dare do a thing about this. Do you hear me?"

She then hangs up, at which point the father hangs up his phone, turns to his wife and says, "Okay dear, they're both coming for Thanksgiving and paying their own way."

VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
 Who answered to a service call.
 Soldiers young, and soldiers old,
 Fought for freedom, brave and bold.
 Some have lived, while others died,
 And all of them deserve our pride.
 We're proud of all the soldiers who,
 Kept thinking of red, white and blue.
 They fought for us and all our rights,
 They fought through many days and nights.
 And though we may not know each name,
 We thank ALL veterans just the same.



www.jbonzer.com



Staff Highlight: The Kitchen Staff



There are many things that are missed out on when residents can no longer eat in the dining room and one of those is the interaction between kitchen staff and residents! Here is a behind the scenes look into what is cooking up back there in the kitchen and what the staff are up to.

The Fantastic Chefs:



Things are heating up in the kitchen! Food Service Director Page has been expertly planning, preparing, and cooking delicious meals for Timberhill Place for over twenty years.



Chop chop! David has over 40 years cooking experience and prepares the entire supper meal four nights a week. His soups are sensational!



After cooking an egg-celent breakfast, Mike puts away the groceries delivered weekly by the distributor McDonald Wholesale on Friday mornings. Fun fact: Sysco brings another grocery delivery to THP in the early hours of Wednesday morning.

Preparing the meals for delivery:



Kitchen staff, like Anderson pictured here, use the meal order tickets to make a tally of how many of each drink they will need for the upcoming meal before labeling and filling the cups up. Cold drinks are filled in advance and placed on a tray to be stored in the cooler until meal service. Hot drinks are filled right before the carts go to the rooms so they are nice and warm for you!

Mike, David, and Tayle are pictured at the noon meal preparing a box dinner to be placed on the cart for delivery. Mike and David will read each ticket to prepare the food and portion sizes requested by the resident while Tayle then adds the dessert and salad before placing the box on the cart. Tayle is also the dining room lead!



After the boxes are assembled on the cart, the Kitchen Assistant (Rose pictured here) will add the correct drinks and condiments to the carts before they are sent out to be delivered to resident apartments. Rose is also the relief cook at Timberhill Place and prepares food when she is covering time off for the other cooks.

Hello to the rest of the wonderful Kitchen Staff!



Everest is a student majoring in business at Portland State University.



Cori is a student at Oregon State University studying bioengineering.



Sam is a Theatre Arts student who studied at Linn Benton Community College and was planning to transfer to OSU before the pandemic started.



Chris has been a hairdresser at Seriously Sassy for over seven years. She's back to work at THP after a recent injury. It's good to have her back!



The Kitchen Staff looks forward to helping to make your Thanksgiving special this year!

Activity Highlights for November



How to Turn in Store Shopping Requests

If you need to turn in a store shopping request to Celina for Bi-mart or The Dollar Tree here are the ways you can do it:

- Turn the form or written request in to the Activity Department Drop Box upstairs in the Friendship Room.
 - Give your written order to a staff member or the Front Desk who will give it to Celina.
 - You can verbally tell Celina but don't count on her stopping by your apartment for the order unless you have already arranged for her to do so. Celina will sometimes see the order forms in front of resident doors but she doesn't check for them or stop in with each resident before shopping.
 - Residents can always call the main Timberhill Place number 541 753 1488 and request to speak to Celina. If she is not available she will receive your message and will stop by or call to talk to you when she can.
 - If you have put in a Bi-mart request Celina will stop by and collect the money for the order right before she leaves to shop for Bi-mart. This will avoid any possible problems or confusion that could arise if Celina accepts the money before the day of shopping.
- Hopefully this can clear up any confusion. Please feel free to speak to Celina if you have any further questions.

Veterans Day

Every year on Veterans Day past Timberhill place would hold an event to honor the Veterans of Timberhill Place with music, special recognition, and a Flag Ceremony by the Scouts of America. Although we cannot do the same this year we would still like to honor Veterans in the way that we can. Please join us in your doorway as we take a few minutes in each hallway to honor the Veterans of Timberhill Place and take a moment of gratitude and recognition of all Veterans who have selflessly served our nation.

Join us in your hallway on November 11th at the following times:

Blue Hall 9:45 AM
Green Hall 11:00 AM
Gold Hall 2:45
Purple 3:30 PM



Daylight Savings Time

Daylight Savings is on Sunday, November 1st. Don't forget to set your clocks back one hour on Saturday night.



Garden Variety News



Old Time Remedies... we all had a grandma who wanted us to wear an onion or mustard poultice... or drink cod liver oil...put buttermilk on your freckles. Turns out all those old-time remedies are bunk. Buttermilk does lighten freckles and age spots. Here are some other home remedies that really do work. Oatmeal for bug bites...make a paste—apply for ten minutes. Aloe is very soothing for second degree burns... cut open a leaf and apply. Ground flax seed...an excellent source of omega 3 fatty acids works well to relieve constipation— 2 to 3 tablespoons to keep it away. Cherries for gout... just 20 cherries a day will reduce flare-ups. Peppermint oil for headaches... a few drops mixed with a few drops of olive oil and massage into forehead and temple area for soothing relief. Honey to heal a wound... pure honey contains an enzyme glucose oxidase that causes a chemical reaction that releases hydrogen peroxide, an effective antibacterial. And... cod liver oil, also rich in omega 3's, can increase blood flow to the eyes— 1 teaspoon daily. Luckily, onion and mustard are not on the list. So now all of us new age grandmas have science on our side. Wishing all of you a happy and gratitude filled thanksgiving! We all have so much even now to be grateful for.

See you around XOXO,
Doris

Fun Fact: Over 600,000 dogs live in New York City.

Fan Fact: The word swims is still swims when turned upside down. :)



New Resident

Bruce



Welcome to Timberhill Place's new resident Bruce! Bruce was born in Allegan, Michigan. Allegan was filled with the influence of Dutch settlers, Bruce's own Dutch heritage comes from his father who migrated to Allegan from the Netherlands. Bruce grew up in Allegan with his twin sister and his other two sisters. Bruce graduated high school in Allegan and studied at what was then called Western Michigan College in Kalamazoo, MI before he attended The American Academy of Art in Chicago and was a student of the esteemed artist William Mosby. At the start of the Korean War Bruce enlisted in the Navy and served four years as a line crewman directing aircrafts, he was stationed in Atsugi, Japan and Moffet Field California. Bruce worked for an advertising agency in Chicago and eventually created his own advertising agency in Grand Rapids, MI which he was the president of for 25 years. He enjoyed his work with clients and says that the creative people he was able to meet through advertising, the artists and the writers, hold a special place in his heart. Bruce retired to Corvallis to reside near his daughter Lisa and his two grandsons. Bruce has spent time compiling his art work with writing in the form of aphorisms which he says come from his heart. He says he can only recall with great fondness the people he has met and the places he has seen. We hope he is settling in to Timberhill Place. Welcome, Bruce!



Ask the Nurse

Written by RN Consultant Keith Seckel



*Be like the Nurse-
When he leaves home,
he puts his mask on first*

Q: I got a call from someone saying they were from Medicare, and asking to verify my Medicare number. I told them no and hung up. Was that the right thing to do?

A: Yes! You absolutely did the right thing, and that was definitely not a legitimate call! Medicare will never ask you for your Medicare number over the phone. But unscrupulous criminals will impersonate Medicare or other insurance companies, trying to get your information and then fraudulently bill the insurance for appointments in your name. It is a good idea to always read your insurance bills and statements very closely when they come in the mail. If you find claims which appear suspicious, you can call

the number listed on the bill. By the way, the same applies to your Social Security number: The Social Security Administration will never ask you to tell them your number over the phone. And you can add Car Warranty calls, Hotel Rewards Club calls, and any call that seems suspicious to you. If someone calls you about these things, just hang up. They're not legitimate, and are just trying to get money or take information which will enable them to commit fraud.

Disclaimer: This section is for general information purposes only and is not intended to diagnose or treat any individual's medical problem. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your specific medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here in Timber Tales. If you have a specific medical concern please come to see Keith directly and we can discuss things in further detail.

Timber Tales is published monthly for residents, their families and friends of Timberhill Place. We make every effort to provide quality care and a home-like atmosphere. If you have suggestions, concerns or have contributions to our newsletter we invite you to submit them to the Administrator. For more information on Timberhill Place, please call us at 541-753-1488 or email ~ tmbprpl@proaxis.com



Timberhill Place Mission Statement

We are dedicated to supporting the individuality, dignity and well being of our seniors within a caring, homelike environment.

*Timberhill Place
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